

PsychSim 5: COMPUTER THERAPIST

Name: _____

Section: _____

Date: _____

In this activity you will engage in a conversation with a “computer therapist,” to simulate some principles of active listening from Carl Roger’s client-centered therapy.

Computer Therapy

- Think about your “therapy session” with the computer. What limitations did you notice?
- Can you think of any value that a person could obtain from a “therapy session” like this one? Is it possible that a “computer therapist” might offer some benefits that a person may not get from a session with a human therapist?

Name _____ Period _____ Date _____

HANDOUT 13-1

Fact or Falsehood?

- | | |
|-----|--|
| T F | 1. "Psychoanalysis" is another word for "psychotherapy." |
| T F | 2. Regardless of their theoretical orientation, therapists agree that <i>self-awareness</i> is the key to overcoming psychological problems. |
| T F | 3. The most effective treatment for alcohol dependence is to associate alcoholic drinks with a nausea-producing drug. |
| T F | 4. Most people who suffer psychological problems become worse without therapy. |
| T F | 5. Daily exposure to bright light successfully counteracts winter depression. |
| T F | 6. The various therapies are so different that it is impossible to find any commonalities. |
| T F | 7. The training and experience of the therapist are crucial factors in determining therapeutic success. |
| T F | 8. The use of drugs has liberated hundreds of thousands of people with severe psychological disorders from hospital confinement. |
| T F | 9. Many people have found relief from bipolar mood swings with a daily dose of a cheap salt. |
| T F | 10. Electroconvulsive therapy is no longer used in the treatment of psychological disorders. |